

2011 Marine and Family Program Classes/Activities/Workshops

Commands: The Prevention and Education Department is here to meet your needs. If you would like us to present these topics to your command at your location please feel free to contact Tamie Bryan @ 449-5241/6110 or tamela.bryan@usmc.mil for further coordination.

Stress/Anger Management

(Tuesdays, 1300-1600)

Part I: Stress Management 101 Part III: Conflict Resolution
Part II: Dealing with Difficult People Part IV: Anger Control

Jan 4, 11, 25, Feb 1 Mar 8, 15, 22, 29 May 3, 10, 17, 24
Jul 12, 19, 26, Aug 2 Sep 13, 20, 27, Oct 4 Nov 1, 8, 15, 22

Domestic Violence Prevention Training AS 90

(0800 – 1130)

Jan 5	6 Jul
Feb 2	Aug 3
Mar 2	Sep 7
Apr 6	Oct 5
May 4	Nov 2
Jun 1	Dec 7

Healthy Homes & Healthy Children AS 90

(1300 – 1600)

Feb 3	4 Aug
Apr 7	6 Oct
Jun 2	1 Dec

Effects of Divorce on Children AS 90

(1300-1600)

Feb 17	Aug 18
Apr 21	Oct 20
Jun 16	Dec 15

Couples Communication Workshop Part I & II AS90

(0830-1130)

Part I Feb 8	Part I Jun 7	Part I Oct 11
Part II Feb 15	Part II Jun 14	Part II Oct 18
Part I Apr 12	Part I Aug 9	Part I Dec 6
Part II Apr 19	Part II Aug 16	Part II Dec 13

Surviving the Loss of Love AS 90

(1300-1600)

Jan 27	Jul 28
Apr 28	Oct 27

Play Mornings – Monday and Tuesday @ Youth Center
(0900-1130)

Baby Boot Camp AS 232

(0830-1530)

Jan 19-20	Jul 20-21
Feb 16-17	Aug 17-18
Mar 16-17	Sep 21-22
Apr 20-21	Oct 19-20
May 18-19	Nov 16-17
Jun 15-16	Dec 14-15

Baby Bear Time 15 Apr TBD

Parenting Classes-New Parent Support Program AS232

(0830-1130)

Jan 24, 25, 26, 27,	Jun 27, 28, 29, 30
Mar 28, 29, 30, 31	Oct 24, 25, 26, 27

New!!!Basic Budgeting/Credit Management AS90

(1300-1500)

21 April	27 July	20 Oct
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Car Buying AS 90

(0830-1130)

Apr 14	Sep 15
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Holiday Spending AS 90

(0830-1030)

Nov 3

Estate Planning AS 90

(0900-1100)

Feb 23

Investing/TSP AS 90

(0900-1100)

Jan 27	Apr 27	Jun 23
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Command Financial Specialist Seminar AS 90

(0800-1630)

Mar 22-24

Aug 17-19

May 18-20

Dec 7-9

Commemorative Calendar

January

National Stalking Awareness Month

February

Military Saves Week

April

National Child Abuse Prevention Month

Financial Fitness Month

Month of the Military Child

September

Suicide Prevention Month

October

National Domestic Awareness Month

Course Description

Stress Management and Anger Management

Stress Management – Part I Are you feeling overwhelmed? Burned out? Stressed out? Why not treat yourself to a Stress Management Workshop? In this first class, you will learn the basic principles of stress management.

Stress Management, Part II Dealing With Difficult People. Attend this second part in our four part series and learn practical techniques to deal with difficult people.

Stress Management, Part III Conflict Resolution. This third class in our four part series focuses on handling and resolving conflicts both in the home and in the workplace.

Stress Management, Part IV Anger Control. Attend the fourth class in our four part series, and learn to identify our anger styles and find practical ways to manage “out-of-control” emotions.

Domestic Violence Training

The workshop’s goal is the prevention and awareness of domestic violence. The Family Advocacy Program representatives shall provide education, support and awareness information aimed at fostering greater understanding of the risk factors and dynamics of child and domestic abuse. Emphasis is on the prevention, recognition, prompt notification and reporting, and availability of responsive services. Special attention should be placed on training military leaders in identifying signs of child and domestic violence and appropriately use FAP referral procedures to address the needs of victims of family violence.

Healthy Homes/Healthy Children

Three hour workshop to educate parents/step-parents, significant caregivers about the impact of family violence and abuse on children and the impact of sexually inappropriate material, other media and TV violence, etc.

Effects of Divorce/Remarriage on Children

This is a three hour session to educate active duty military/retired military parents, DOD and civilian parents about the possible impact of divorce on children when they are coping with the painful and agonizing breakup of their family. Topics of discussion include typical reactions of children of different ages, things children need to know and hear, tips for single parenting again, and what both parents can do to help their children deal with and adjust to the losses and changes involved. Issues surrounding the remarriage of one or both parents will also be presented and tips to help stepparents and

children adjust to new family. A shorter class is available for interested command or other agency training purposes.

Couples Communication Class

A workshop for those wanting to strengthen their marriage. Topics include improving communication skills, defining communication blocks, finding solutions through problem solving techniques and coping with anger. Additionally a financial counselor will offer tips on effective budgeting, developing a savings plan, understanding credit reports and avoiding credit traps. Registration is required.

Surviving the Loss of Love

This course is designed to help with emotional breakups-whether you are suffering from a recent loss, or a lingering wound from the past; whether you are caught up in patterns that sabotage your own relationships or you're in a relationship in which you no longer feel love. The course focuses on the five universal stages with hands-on exercises for improving your life, managing the pain, building a whole new concept of self. Registration is required.

Play Mornings

Play mornings are a structured interactive play time for parents and their children ages birth through five years. Toys, crafts and songs are all part of the fun. Limited openings, registration required.

Baby Boot Camp

Dad and Mom learn how to make a smooth transition into parenthood. This is a hands on experience for parents who are pregnant or have new arrivals. Class will cover information from birth to six months. Registration is required.

Baby Bear Time

Children are escorted by their parents to the Marine and Family Services with their favorite stuffed animal. Children "register" their bear into the "Bear Clinic" and are routed to the following interactive displays and activities from New Parent Support Program: Weight/Height, Screen for development stages, enrollment into the Bear Play Morning, story time and Bear Parenting classes. The children receive a certificate of completion from the center and the parents receive information and resources.

Parenting Classes

Classes provide "hands-on" information for parents to make informed and responsible decisions for their toddlers and young children.

New!!!Basic Budgeting/Credit Management

Two-hour workshops on how to set up a financial budget to ensure you are not living pay day to pay day. Find out more about reducing monthly expenses, frugal food shopping, common consumer mistakes, and budgeting strategies. Improve credit scores, utilize power pay, and set up a debt management program.

Car Buying

Thinking about buying or leasing a car. Come learn the ins and outs of car buying techniques. From selecting a car to signing the paperwork.

Holiday Spending

The first step in getting control of holiday expenses is deciding exactly how much you can spend. There are four main areas in which most people spend, gifts, entertaining, travel and decorating. And each of these areas comes with hidden expenses. Start preparing by attending this workshop to assist in putting a budget plan together for the holidays.

Estate planning

This workshop is designed to assist in ensuring all your finances are set up for your retirement or death. The class will also review the importance of Wills and POA's.

Investing for the future/TSP

This workshop covers mutual funds, stocks, bonds and thrift savings basics. What are you doing to get ready for retirement?

Command Financial Specialist Workshop

A 3-day course designed to educate a command financial specialist, in house expert, for each squadron aboard the Air Station. This course will teach person budgeting techniques, how to handle and manage debt, car buying, consumer rights, maintaining and correcting personal credit, bankruptcy laws, saving strategies, investing basics and more. Each Command financial specialist will be able to assist their fellow Marines and Sailors in all basic areas of financial readiness. Registration is required.